



at a glance



IDAHO DEPARTMENT OF
HEALTH & WELFARE

Idaho Division of Public Health
**Bureau of Community
and Environmental Health**

our mission is to promote and protect the health of the people of Idaho



at a glance

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MISSION

Promote and protect the health of the people of Idaho.

VISION

The Bureau of Community and Environmental Health (BCEH) exists to promote and protect the health of Idahoans by providing leadership, education and outreach programs in order to prevent injuries, change risk behaviors, prevent and control chronic disease, and prevent and reduce exposure to environmental contaminants.

VALUES

Provide leadership, education and outreach programs, and technical assistance and analysis in an environment that is communicative, transparent, evaluative, data driven, collaborative and integrative, and has a focus on health, safety, and wellness.



In 2008, Idaho taxpayers spent **\$39 million** on adolescent pregnancy and childbearing.

Adolescent Pregnancy Prevention Program

Youth benefit when they have the skills and self-confidence to make healthy life choices.



ON THE WEB
<http://www.idahoteenpregnancy.com>

Sexual health education is a life-long process of acquiring information and forming attitudes, beliefs and values. Every year more than 2,000 Idaho teens become pregnant, and while most teens say they don't want to get pregnant or cause a pregnancy, many young people are not offered education programs that can help them make healthy and informed choices. Comprehensive programs that include messages about both abstinence and contraception have been proven effective in helping teens delay sexual intercourse, reduce their number of sexual partners and increase contraceptive and condom use when they do become sexually active.

The APP Program focuses on increasing access to comprehensive sexual health education in school and community settings and providing programming in ways that are relevant to both youth and parents.

The APP Program supports evidence-based curricula about postponing sexual involvement, contraception, healthy relationships, parent/child communication and negotiation skills to help provide teens with the information they need.

Youth benefit when they have access to accurate information and services, have caring adults in their lives, and have the skills and self-confidence necessary to make healthy choices about their reproductive health.

The APP Program also provides free information on sexual health for youth and parents on the Idaho teen pregnancy website.

➔ Teen pregnancy in Idaho continues to place a **serious economic burden** on taxpayers, schools and on health, welfare and social service systems.



Idaho aims to coordinate efforts to address the cancer burden by **strengthening alliances and encouraging collaboration** to address the continuum of cancer care.



Comprehensive Cancer Control Program

Idaho’s screening rates for cancer lag significantly behind the rest of the nation.

In 2008, cancer surpassed diseases of the heart as the leading cause of death in Idaho. Cancers that have good screening methods for early detection and that are highly treatable when detected early include: colorectal, skin (specifically melanoma), prostate, oral, and breast and cervical cancers. Some of these can be prevented when abnormal cells are detected and removed before they become cancer. However, Idaho’s screening rates for breast cancer, cervical cancer, colon cancer and prostate cancer lag significantly behind the rest of the nation.

The CCCP, federally funded since 2005, has made great strides.



ON THE WEB
<http://www.idahocancercontrol.org>

The Program Provides Education and Tools to:

- Increase the public’s knowledge of the importance of early detection of colon cancer.
- Assist physicians in increasing discussions with patients regarding colon cancer screening.
- Increase awareness among women to get screened for breast cancer according to science-based guidelines.
- Increase awareness and screening for cervical cancer among women experiencing greater health disparities.
- Increase awareness of sun safety practices among parents/caretakers of babies and children.

The Comprehensive Cancer Alliance for Idaho (CCAI) was formed to create and implement a statewide plan for Idaho that would address prevention, early detection and diagnosis, treatment, quality of life and survivorship, and end of life. CCAI is a partnership between many dedicated individuals and organizations from healthcare and professional organizations, cancer-related and other non-profit organizations, and individuals touched by cancer.



approximately
1 out of 2
men will have
cancer sometime
in their lives.



approximately
1 out of 3
women will have
cancer sometime
in their lives.



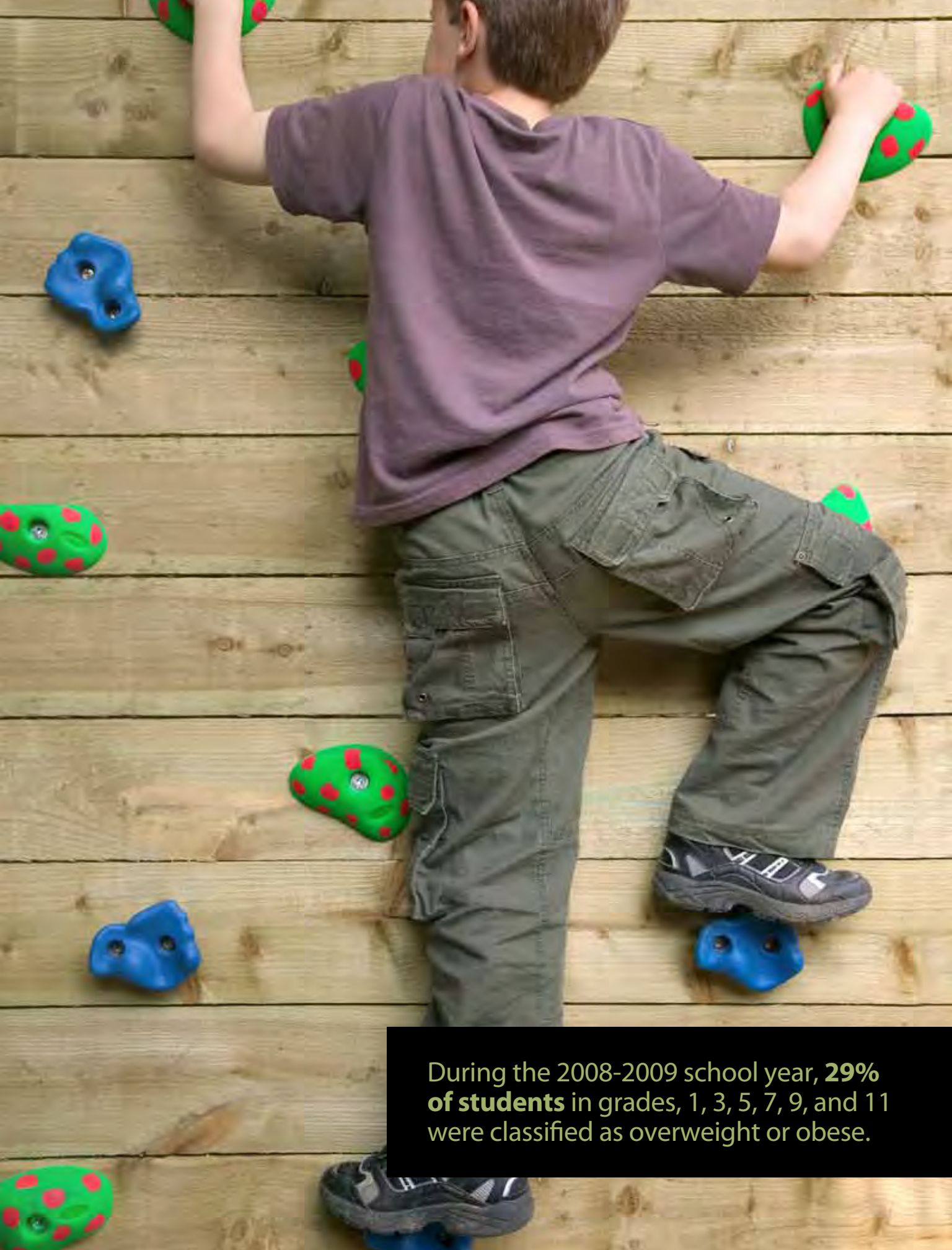
approximately
1 out of 8
women will
have breast
cancer.



approximately
1 out of 4
people will
die from
lung cancer.



approximately
1 out of 4
people will
die from
lung cancer.



During the 2008-2009 school year, **29% of students** in grades, 1, 3, 5, 7, 9, and 11 were classified as overweight or obese.

Coordinated School Health Program

12 pilot schools across Idaho receive funding to develop CSH programs.



ON THE WEB
<http://www.ipan.dhw.idaho.gov>

The Coordinated School Health (CSH) Program is a partnership between the Idaho Department of Health and Welfare and the Idaho State Department of Education. It serves to provide funding opportunities, training, guidance, technical assistance and resources to schools to develop CSH programs at the school building and district levels.

Coordinated school health is a way of doing business in schools to connect physical, emotional and social health and education. Schools promote eight CSH components covering all aspects of the school environment that are linked together to function as a unified, effective system to benefit the entire school community. These are: health education, physical education, health services, nutrition services, counseling/psychological services, a healthy safe environment, parent and community involvement and staff wellness.

Each school with a CSH program develops a council of school staff, administrators, families, students and community members to assess the school's programs, policies and procedures around the eight components. There are currently 12 pilot schools across Idaho that receive funding to develop a CSH program. The Coordinated School Health Program staff are working to develop toolkits for all schools to implement a CSH program in their district.

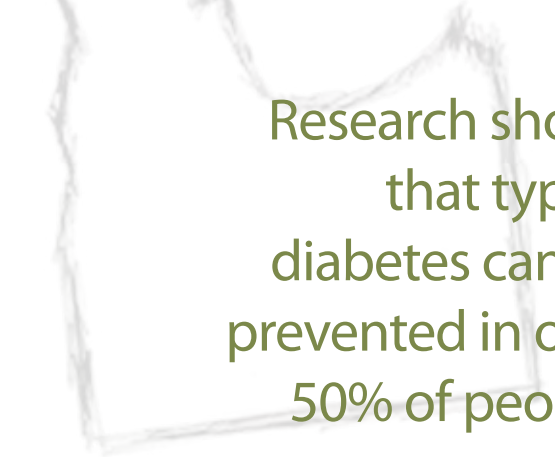
CSH Program Activities Include:

- Providing professional development for health and physical education teachers.
- Conducting the Youth Risk Behavior Survey (YRBS).
- Conducting Body Mass Index (BMI) Studies.
- Leading Health and Physical Education Standards Development.
- Providing Health and Physical Education Curriculum Analysis Tools.
- Supporting research on quality health and physical education.
- Promoting wellness activities for school staff.
- Promoting parent involvement and positive youth development.



On average, Idaho adults with diabetes reported five days of poor mental health in the last 30 days. **This was two days more than adults without diabetes.**

Diabetes Prevention and Control Program



Research shows that type 2 diabetes can be prevented in over 50% of people.



ON THE WEB
<http://www.diabetes.idaho.gov>

The number of people diagnosed with diabetes in Idaho continues to increase and has doubled since 1997. As of 2009, an estimated 90,000 (8%) adults over 18 years were diagnosed, mostly with type 2 diabetes. Overall this represents 1 in 12 people. The rate of diabetes also increases as people age so one in five people over 65 years of age have been diagnosed. Being overweight or obese is a major risk factor for developing type 2 diabetes, as well as having a family history, being physically inactive and having been diagnosed with gestational diabetes.

The good news is that research shows type 2 diabetes can be prevented in over 50% of people just by healthy eating, regular physical activity, and weight loss. Type 1 diabetes, which can't be prevented, represents 5% of people with diabetes and is usually identified during childhood.

To tackle the growing epidemic of type 2 diabetes in Idaho, the DPCP and the Diabetes Alliance of Idaho partners are working to address the goals and priorities outlined in the Idaho Diabetes 5-Year State Plan 2008-2013. Those goals include Access to Care, Quality of Care, Diabetes Prevention and Prevention of Complications and Public Policy. The DPCP is funded by the Centers for Disease Control and Prevention.

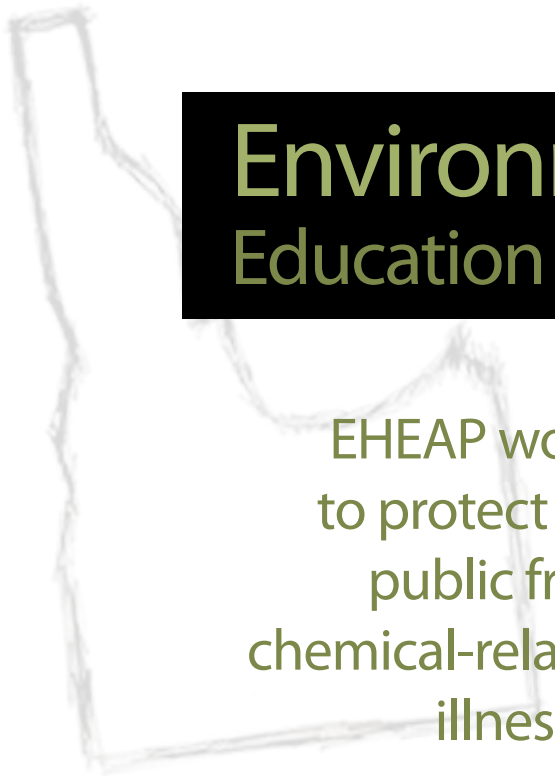
Program Activities Include:

- Improving the quality of diabetes care in health care settings by promoting clinical practice guidelines and improving clinic systems.
- Working with volunteer health care professionals to deliver basic diabetes care such as eye and foot exams, immunizations, blood pressure and cholesterol checks and nutrition information to rural communities with poor access to care.
- Collaborating with other public health programs, such as Heart Disease and Stroke Prevention, to improve the management of high blood pressure.
- Linking people to diabetes resources and information to encourage diabetes self-management.

1 in 12 adults have been diagnosed with diabetes.



Childhood illnesses caused by environmental factors, such as air pollution and exposure to toxic chemicals, cost **\$76.6 billion** in 2008.



Environmental Health Education and Assessment Program

EHEAP works to protect the public from chemical-related illnesses.

ON THE WEB
<http://www.healthandwelfare.idaho.gov/Health/EnvironmentalHealth/tabid/95/Default.aspx>

Currently, there are more than 84,000 chemicals that are either manufactured or processed in the U.S. Each year, an additional 500 to 1000 new chemical substances are proposed to be introduced into use in the U.S. While not all chemical substances pose a health risk to people, some do. Exposures to harmful chemicals can affect everyone from young children to the elderly. Children are especially susceptible to the harmful effects of chemicals since they are still developing both mentally and physically. Cancer, lead poisoning, asthma, and developmental disabilities in children have been linked to chemical exposures and cost billions of dollars per year to treat. Adults are also at risk of suffering from a variety of illnesses associated with exposures to harmful chemicals such as reproductive and respiratory problems and multiple types of cancer. These chemical-related diseases place significant physical and emotional burdens on the people who suffer from them and their families. To address chemical exposures and help prevent or reduce diseases associated with chemical exposures, EHEAP receives funding from the U.S. Centers for Disease Control and Prevention's Agency for Toxic Substance and Disease Registry (ATSDR).

EHEAP works to protect the public from chemical-related illnesses by conducting public health assessments and consultations, conducting health education activities and encouraging community involvement. Our public health consultation is an in-depth evaluation of available information about the release of a hazardous substance into the environment and its potential past, current and future effects on public health. The consultation provides advice to the public on how to reduce and/or prevent exposure to a hazardous substance. The consultations are used, along with health education activities (e.g., community meetings, signs, brochures), to help protect Idaho communities and meet the goals of EHEAP.

The Goals of EHEAP are to:

- Protect the public from environmental hazards and toxic exposures.
- Promote healthy environments.
- Advance and support environmental public health.
- Educate communities, partners and policy makers about environmental health risks and protective measures.
- Promote environmental justice and reduce health disparities associated with environmental exposures.



During the grant year starting October 1, 2009 through September 30, 2010, more than 5,700 older adults participated in FFP™ classes, an 18% increase in participation from the previous year. Over 320 class sessions were held, a 32% increase from the previous year. In addition, 223 new volunteer class leaders were trained to lead FFP™ classes. FFP™ continues to expand in Idaho with more than 88 active class sites in October 2010.



Fit and Fall Proof™ Program

Exercise classes focus on functional fitness to reduce older adults' risk of falling.



ON THE WEB
<http://www.ipan.dhw.idaho.gov>

Fit and Fall Proof™ (FFP) is an exercise-based, fall prevention program for older adults available throughout Idaho. Using a combination of federal (Preventive Health and Health Services Block Grant) and state dollars, Idaho's Physical Activity and Nutrition Program (IPAN) works with the seven public health districts to administer the program.

Fit and Fall Proof™ was developed by college professors from Boise State University and the College of Southern Idaho. Exercise classes focus on functional fitness to reduce older adults' risk of falling. Local volunteer leaders are trained to teach classes in their communities, which are typically held in senior centers, community centers, churches, libraries, hospitals and other places seniors gather.

Researchers from Boise State University conducted an evaluation of attendance data and timed "Up and Go" test scores for each health district. More than 2,500 participants complete both the pre- and post-test at least once during the grant year. Test results indicate the most significant changes in physical functioning and mobility occur in first-time participants.

FFP™ Classes Enable Older Adults to:

- Maintain an independent, freely functioning life-style.
- Improve muscular strength.
- Become more flexible.
- Increase balance and posture.
- Improve mobility, endurance and walking gain.

How FFP™ Classes Work:

- Most classes are offered for free or at low-cost.
- Classes meet two to three times a week for 45-60 minutes.
- Classes continue for six to ten weeks, some are offered on an ongoing basis.
- Participants are encouraged to do an 8-foot timed "Up and Go" test on the first and last day of class to evaluate their progress.



At least **8 Idahoans** die each day as a result of heart disease and stroke.



Heart Disease and Stroke Prevention Program

Heart disease and stroke can be prevented.

One in three adults in the U.S. has high blood pressure. Having high blood pressure puts you at a greater risk for heart attack and stroke. The good news is high blood pressure and other risk factors like high cholesterol and diabetes mellitus (type 2) are preventable and treatable. However, some risk factors cannot be changed, like family history, age, and gender. It's important to talk with your doctor about your personal risk factors, because heart disease and stroke can be prevented!

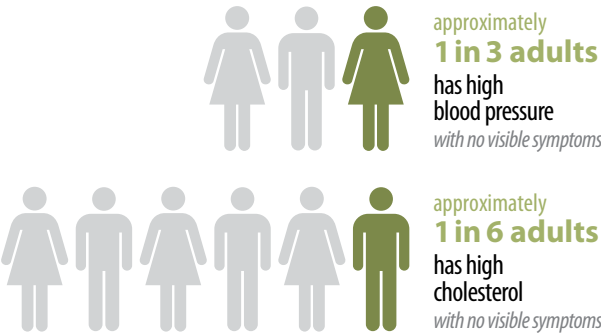


ON THE WEB
<http://www.idahoheartandstroke.org>

All Idahoans at any age can take steps to reduce their risk for heart disease and stroke. The HDSP program is helping Idahoans to take steps to avoid heart disease and stroke by living healthy — don't smoke, get regular physical activity, eat healthy, low sodium-foods and control blood pressure and cholesterol.

The Purpose of the HDSP Program is to:

- Improve Idahoans' quality of life through prevention, detection and treatment of heart disease and stroke risk factors, especially high blood pressure and cholesterol.
- Increase early detection and treatment of heart attacks and strokes.
- Take steps to prevent repeat cardiac and stroke events.





In Idaho, 1 in 3 homes tested for radon is above the EPA action level.

Indoor Environment Program

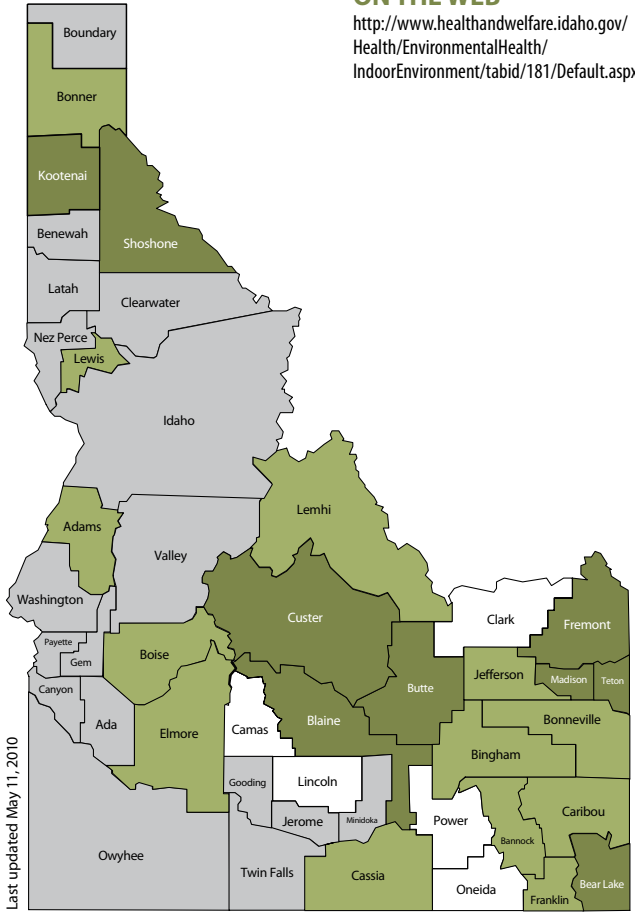
Radon is the second leading cause of lung cancer.

ON THE WEB
<http://www.healthandwelfare.idaho.gov/Health/EnvironmentalHealth/IndoorEnvironment/tabid/181/Default.aspx>

The purpose of the Indoor Environment Program is to educate communities throughout Idaho about indoor health hazards, including radon, mold, lead, methamphetamine residue from clandestine drug labs and other indoor environment issues. This is achieved by providing educational materials, technical assistance, presentations, and other resources to the general public, including homeowners, renters, builders, realtors, county and city building officials and schools.

- Radon is the second leading cause of lung cancer; the only way to know if you have radon in your home is to conduct a simple test. In Idaho, 1 in 3 homes tested for radon is above the EPA action level of 4.0 picoCuries per liter of air.
- Molds are found everywhere in the environment. In large amounts, mold spores can cause health effects, especially for those with asthma and allergies. Testing for mold is usually not necessary; the key to controlling mold growth is to eliminate the moisture source and clean up the mold.
- Homes built before 1978 may have lead-based paint. The older the home, the more likely it is to have lead-based paint. If you reside in an older home with peeling and/or chipping paint, you should have your children tested for lead.
- Some properties are being used to make drugs such as meth. The recipes for these drugs include dangerous chemicals which can pollute the property and make residents sick.

To find out if a property has been reported as a meth lab in Idaho, go to www.healthy.idaho.gov and click on 'environmental health.'



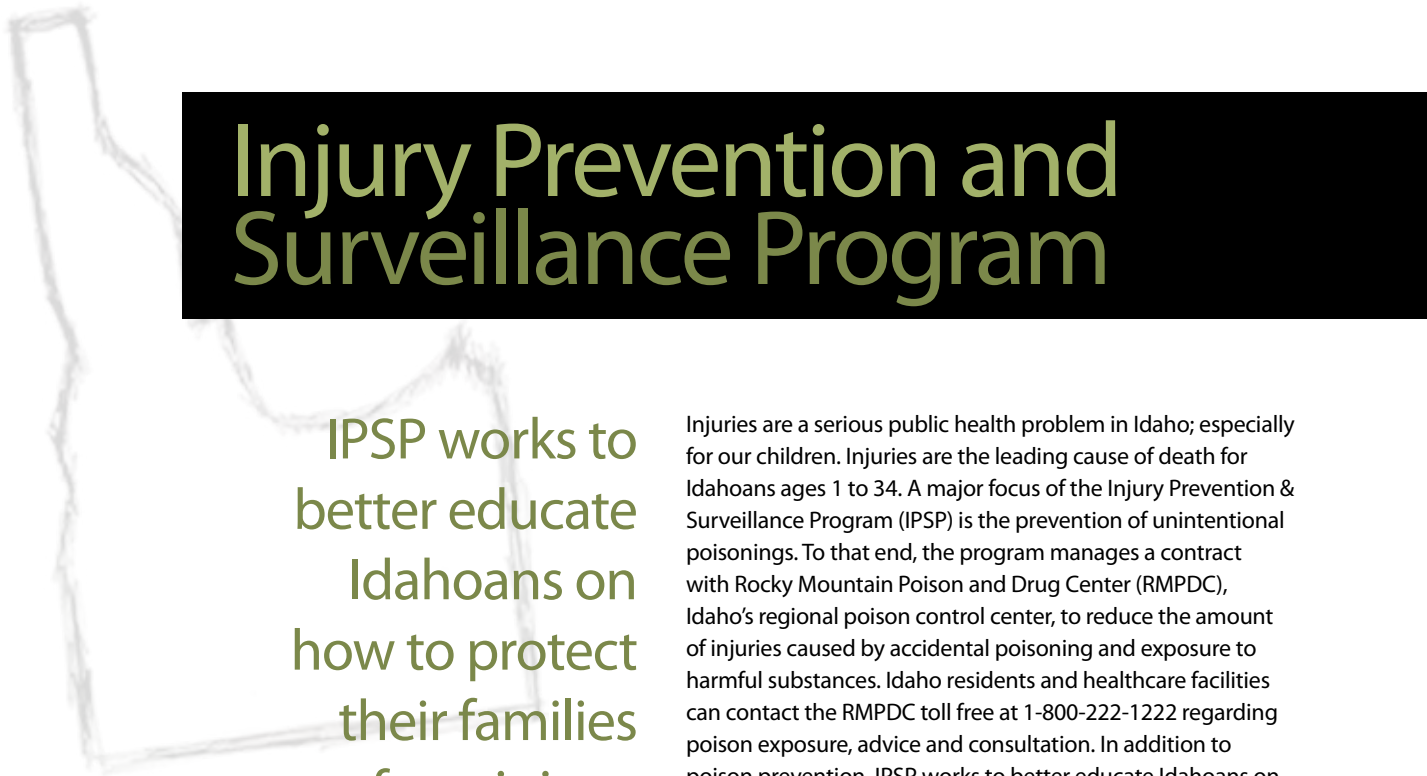
Percent of Radon (Over 4 pCi/L by County)

- 51% to 100% of test results > 4 pCi/L
- 26% to 50% of test results > 4 pCi/L
- 0% to 25% of test results > 4 pCi/L

Note: Results from counties with fewer than 30 test results are not included (i.e. those with white).



In 2006, unintentional poisoning caused about **703,702** emergency department visits in Idaho.



Injury Prevention and Surveillance Program

IPSP works to better educate Idahoans on how to protect their families from injury.

ON THE WEB
<http://www.healthandwelfare.idaho.gov/Health/InjuryPrevention/tabid/1388/Default.aspx>

Injuries are a serious public health problem in Idaho; especially for our children. Injuries are the leading cause of death for Idahoans ages 1 to 34. A major focus of the Injury Prevention & Surveillance Program (IPSP) is the prevention of unintentional poisonings. To that end, the program manages a contract with Rocky Mountain Poison and Drug Center (RMPDC), Idaho’s regional poison control center, to reduce the amount of injuries caused by accidental poisoning and exposure to harmful substances. Idaho residents and healthcare facilities can contact the RMPDC toll free at 1-800-222-1222 regarding poison exposure, advice and consultation. In addition to poison prevention, IPSP works to better educate Idahoans on how to protect their families from the physical, emotional and economic burden of injury. The program provides information on other causes of injury, including: drowning, falls, motor vehicle crashes, and bicycle and pedestrian safety.

One of the greatest obstacles in reducing injury in Idaho is the mindset that “accidents are inevitable.” Through research, we now know that the causes of injury are both predictable and preventable. By working together with community coalitions, policy makers, public health educators and medical professionals, we can reduce the burden of injury and violence in Idaho.

The Goals of IPSP are to:

- Reduce the death, disability and unnecessary healthcare costs to Idaho residents as a result of unintentional and violent injury.
- Enhance the development of a sustainable injury prevention and control program to become a proactive and influential focus for reducing injury in Idaho.
- Develop an injury surveillance system that will store information on planning, implementing and evaluating statewide injury prevention efforts.
- Develop an injury prevention plan with statewide partners, stakeholders and decision makers that will help reduce injuries.

In Idaho, during 2008, unintentional poisoning accounted for **1 in 6** unintentional injury deaths.



Students without dental sealants on permanent teeth had **6 times more decay** than students with sealants.

Oral Health Program

Tooth decay affects children in the United States more than any other chronic infectious disease.



ON THE WEB
<http://www.healthandwelfare.idaho.gov/Health/OralHealth/tabid/106/Default.aspx>

The Idaho Oral Health Program, implemented through the local district public health departments, uses dental hygienists to deliver school-based programs that prevent tooth decay, such as fluoride mouthrinse programs, dental sealants, fluoride varnish and education. The IOHP works closely with dentists, dental hygienists, and other dental health professionals to address oral health issues, policy change and community water fluoridation.

The IOHP, working with the Idaho Oral Health Alliance (IOHA), released the Idaho Oral Health Action Plan 2010-2015, which is a framework that will improve preventive care, access to care, and direct and define oral health policy.

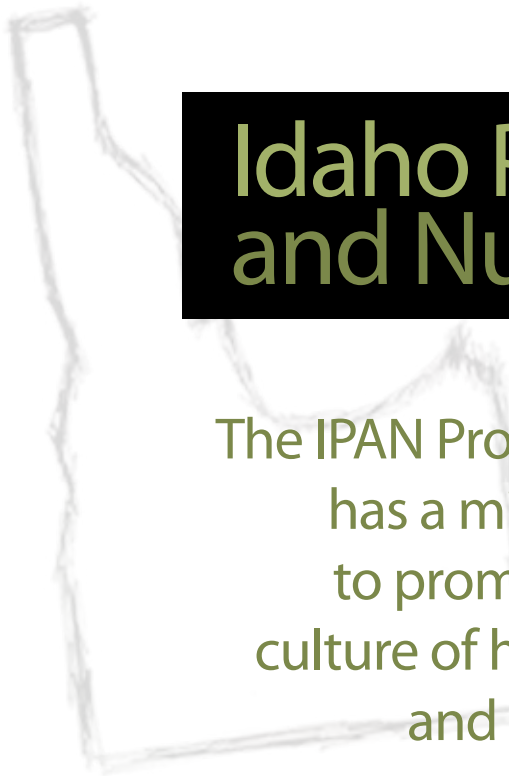
Tooth decay (dental caries) affects children in the United States more than any other chronic infectious disease. Untreated tooth decay causes pain and infections that may lead to problems with eating, speaking, playing, and learning. The combination of dental sealants and fluoride has the potential to nearly eliminate tooth decay in school-age children.

Women who can become pregnant should be encouraged to see their dentist regularly and maintain a routine of self-care to prevent harmful decay bacteria from being transferred to their baby.

- Statewide, **29,000** children receive fluoride mouthrinse and **1 in 5** third grade students has untreated tooth decay.
- Only **31%** of Idaho communities have fluoridated water supplies, a highly effective way to prevent dental caris.



According to the most current estimates, the direct healthcare cost of obesity for Idaho is approximately **\$324 million** a year.



Idaho Physical Activity and Nutrition Program

The IPAN Program has a mission to promote a culture of health and vigor.



ON THE WEB
<http://www.ipan.dhw.idaho.gov>

Overweight and obesity rates continue to rise in adults and children, raising concern for its long-term impact on health. Obesity increases the risk of many diseases and health conditions, including: heart disease, type-2 diabetes, cancers (endometrial, heart and colon), high blood pressure, dangerous cholesterol levels, stroke, osteoarthritis, sleep apnea and other respiratory problems.

This will be the first generation of children in America who will live sicker and die younger than the generation before them. Research also indicates obese children and adolescents are more likely to be obese as adults. In addition, obesity poses a great financial threat to our state and our health system.

The Idaho Physical Activity and Nutrition Program (IPAN) has a mission to promote a culture of health and vigor by encouraging and enabling Idahoans to be physically active and make good food choices across their lifespan, with an overarching message of "Do it for life!"

IPAN has facilitated the development of a statewide network, Healthy Eating, Active Living (HEAL) Idaho to develop a comprehensive statewide strategic operations framework.

IPAN will focus on policy, systems and environmental changes in an effort to change Idaho's culture so the healthy choice is the easy choice. Example changes include adding healthy options to vending machines, encouraging the development of active living environments and increasing access to fresh fruits and vegetables.

➔ The percentage of Idaho adults who are considered obese nearly **doubled** over the past 15 years from 14.2% in 1995 to 25.1% in 2009.



Living Well in Idaho

Workshops give people the confidence they need to manage chronic health conditions.

Approximately 80% of older adults have at least one chronic disease and half have at least two. Chronic disease accounts for more than 75% of the nation's \$2 trillion medical care costs.

To address the issue, the Living Well in Idaho workshops (Stanford's Chronic Disease Self-Management Program) is a lay-leader led, evidence-based program that provides information and teaches practical skills on managing chronic health problems. Classes meet for 2.5 hours once a week for six weeks.

The Living Well in Idaho workshops give people the confidence and motivation they need to manage the challenges of living with a chronic health condition. Workshops are offered in multiple settings throughout the state.

Research on the program showed participants had significant improvements in energy, health status, social and role activities, and self-efficacy. Additionally, participants experienced less fatigue or health distress, fewer visits to emergency rooms and fewer visits to physicians.



ON THE WEB
<http://www.ipan.dhw.idaho.gov>

Year 3: 6/1/09 - 5/31/10

Total Workshop Participants
(pre-survey participants)

466

Overall Rate of Completion
(attended four of six workshops)

76%

Gender	Number	% of Known
Female	353	75.80%
Male	98	21.00%
Unknown	15	3.20%

Age	Number	% of Known
Under 60	81	17.40%
60-64	49	10.5%
65-69	87	18.70%
70-74	70	15.00%
75-79	80	17.20%
80-84	53	11.40%
85-89	27	5.80%
90 & Older	11	2.40%

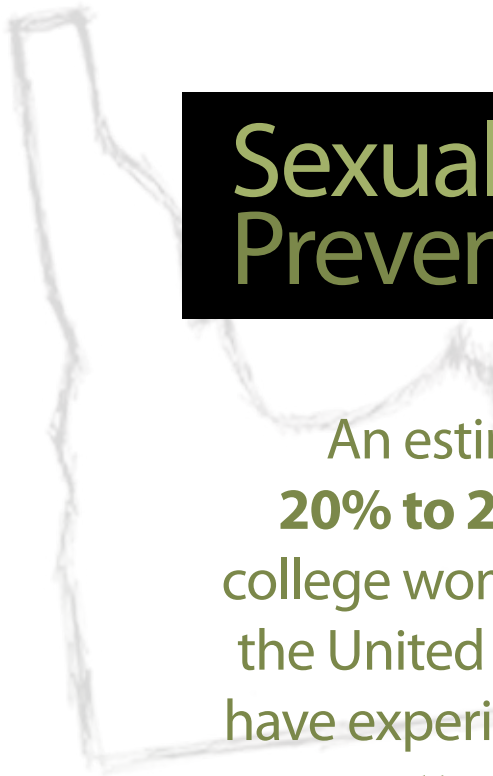
Race/Ethnicity	Number	% of Known
Native American	10	2.10%
Asian	5	1.10%
Black	3	0.60%
Pacific Islander	0	0.00%
Hispanic/Latino	1	0.20%
White	440	94.40%
Other Race	3	0.60%
Unknown	3	0.60%

456 participants completed (attended four of six workshops) workshops during year three (6/1/09 - 5/31/10).*

* This number represents only those participants that began a course and completed four of the six workshops. One course that began with 10 participants was canceled and therefore those participants are not included in this count.



In 2007, **11% of Idaho high school students** (grades 9-12) reported that they have been physically forced to have sexual intercourse when they did not want to do so during the previous 12 months.



Sexual Violence Prevention Program

An estimated **20% to 25%** of college women in the United States have experienced rape or attempted rape during their college career.



ON THE WEB
<http://www.healthandwelfare.idaho.gov/Health/SexualViolencePrevention/tabid/200/Default.aspx>

The Sexual Violence Prevention (SVP) Program defines sexual violence as any sexual activity where consent is not obtained or freely given. These sexual acts can be physical or not, and include sexual harassment, threats, peeping, and rape. Sexual violence is a preventable public health issue that can affect an individual's immediate and long-term health.

The SVP Program focuses its efforts on developing and implementing primary prevention strategies that include multiple components and affect multiple settings in an individual's life. The SVP Program works with community partners, coalitions and Idaho universities to reduce the number of people who are victims of sexual violence.

In 2009, diverse partners came together to form an SVP Alliance and to develop an SVP primary prevention plan for Idaho.

The Plan Includes the Following Goals:

- Mobilize and leverage Idaho's SVP efforts by working collaboratively to develop, coordinate and implement statewide efforts that promote individual respect and cultural competency at all levels and eliminate sexual violence.
- Advance consistent statutes, rules and policies that support the elimination of sexual violence.
- Influence social norms by increasing sexual violence awareness across the lifespan and throughout populations to generate a culture without sexual violence.

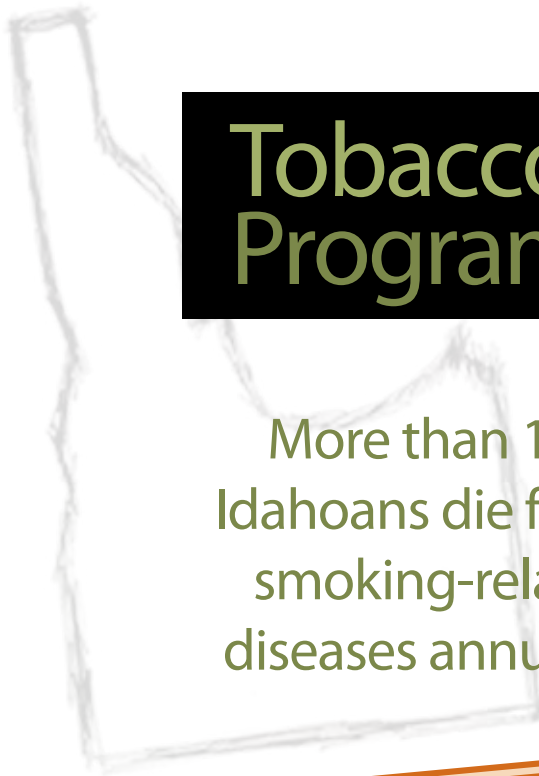
Through committed partnerships and collaboration, the SVP Alliance can make a significant impact as we strive to reach our vision to "make Idaho a safe place to live where all individuals are respected and free from sexual violence."

➔ In the United States, **1 in 6 women** and **1 in 33 men** reported experiencing rape or attempted rape at some time in their lives.



Idaho, like other states, pays annually for tobacco-related costs:

- ➔ **\$358 million** in smoking caused productivity losses due to disability, illness or death.
- ➔ **\$319 million** in smoking-caused health costs.
- ➔ **\$83 million** is the portion covered by state and federal Medicaid program.
- ➔ Each household pays a **\$542** state and federal tax burden from smoking-caused government expenditures.



Tobacco Prevention Program

More than 1,500 Idahoans die from smoking-related diseases annually.



ON THE WEB
<http://www.idaho.quitnet.com>
<http://www.projectfilter.org>

In Idaho, smoking kills more people than alcohol, AIDS, car crashes, illegal drugs, murders, and suicides combined. More than 1,500 Idahoans die from smoking-related diseases annually – an average of four people per day. And yet, tobacco companies spend an estimated \$59 million each year in Idaho.

Tobacco Statistics from Idaho:

- 16.3% of adults are cigarette smokers (2009).
- More than 12,000 high school students smoke (15% of the high school population).
- 9 percent of students use chewing tobacco or snuff.
- \$319 million in annual healthcare costs are directly caused by smoking.

Working for All of Idaho

By working with the seven health districts, Idaho Tribes, numerous health and educational associations and institutions, healthcare professionals around the state, community groups and concerned individuals, Project Filter is able to multiply its efforts throughout the state. Project Filter also maintains a strong community presence by appearing at and sponsoring events in many counties and cities, personally spreading the word about the free resources for quitting tobacco and listening to quit stories from fellow Idahoans.

Offering Free Resources

In July 2008, Project Filter began offering free nicotine replacement therapy (NRT) products to Idahoans. By calling **1-800-Quit-Now** or signing up online at **www.idaho.quitnet.com**, people in Idaho who are ready to quit can receive several weeks of nicotine patches, gum or lozenges at no cost. At a savings of \$60-\$100, the free NRT provides people with a resource that helps get them started on the pathway to quitting and better health. Wallet cards and brochures describing our quit resources are available in bulk, for free. We also offer fax referral packets to medical and social service providers.

Helping Communities Go Smoke-free

Project Filter works with apartment owners, businesses, cities, parks, recreation areas, and with event sponsors to help them provide safe, smoke-free environments. We can help provide sample smoke-free policies, letters and signs to make it easier switching to smoke-free status and to let the public know that they're in a smoke-free zone. Project Filter also maintains a list of smoke-free housing on **www.projectfilter.org**.

Providing Expert Knowledge on Tobacco

It's not easy keeping up with the ever-changing world of tobacco issues and the new products offered by the tobacco industry. Whether it's health effects due to secondhand smoke or the impact of tobacco on people in the LGBT and Hispanic community, Project Filter works diligently to make a difference. Project Filter provides fact sheets, educational presentations, up-to-date tobacco statistics, and advice on Idaho's Clean Indoor Air Act that cover issues about smoke-free workplaces, apartments and other venues.

➔ In Idaho, **1 in 5** adults uses tobacco.



IDAHO DEPARTMENT OF
HEALTH & WELFARE

For more information, visit <http://www.healthandwelfare.idaho.gov>,
email us at BCEH@dhw.idaho.gov, or call (208) 334-5927.